

DOWNTOWN RUNNING COMPANY



MASTER'S RACING TEAM

Kevin Matthews

Background

Grew up in Bellevue, WA and at the age of 14, ran a 4:42 mile on the track. Did not run until age 19 when he walked on the Bellevue Community College cross country team. Earned a scholarship to Boise State University. He returned to Seattle after college where he continued to place personal records on the roads and track.

Highlights

National Team Etonic Racing Team 1987-1991

Track PRs

1500 meters	4:04
1 miles	4:22
3K	8:31.3
5K	14:37 (Seattle 1991)
10K	30:11 (Eugene 1988)

Road PRs

5K	14:46 (Seattle 1989)
4 Miles	19:01 (Seattle 1987)
8K	24:01 (Seattle 1987)
5 Miles	24:19 (Seattle 1986)
10K	30:43 (Seattle 1986)
7.1 Miles	35:11 (Seattle 1987)
12K	37:53 (Tacoma, WA 1987)
15K	47:43 (Portland, OR 1987)
10 Mile	50:34 (Vancouver, BC 1987)
½ Marathon	1:07:23 (Mercer Island, WA 1988)
25K	1:21:26 (Eugene, OR 1986)
Marathon	2:21:26 (Portland, OR 1987)

Master's PRs

5K	16:24 (2005)
8K	26:57 (2005)
10K	34:15 (2005)

10 Miles	56:42 (2006)
½ Marathon	1:17:42 (2005)